

FOOD INSECURITY IN MIDDLESEX-LONDON 2023

Everyone should have access to a nutritious, adequate, and culturally acceptable diet

What is food insecurity?¹

- The inadequate or insecure access to food due to financial constraints
- Skipping meals or buying less nutritious foods to pay for other expenses
- Negatively impacts physical, mental, and social health



Who is affected by food insecurity?^{1,2,3}



1 in 6 households in Middlesex-London are food insecure

Almost 84,000 people in Middlesex-London live in food insecure households

Half of households who struggle to put food on the table have paid employment.

Income-based solutions are needed

- Social assistance rates based on living costs
- Jobs with livable wages and benefits



Single person receiving Ontario Works⁴



* Income includes all eligible benefits and credits ** Cost for a bachelor apartment from CMHC⁵

What can you do?

- Be aware
- Spread the word about food insecurity
- Try the [makethemonth.ca](https://www.makethemonth.ca) challenge
- Volunteer for the [Community Volunteer Income Tax Program](#)
- Donate time, skills, or money to support local organizations



References

- (1) Tarasuk V, Li T, Fafard St-Germain AA. (2022). Household food insecurity in Canada, 2021. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>
- (2) Ontario Agency for Health Protection and Promotion (Public Health Ontario). (2023). Household food insecurity estimates from the Canadian Income Survey, Ontario 2019-2022. Toronto, ON: King's Printer for Ontario.
- (3) Middlesex-London Health Unit (2019). Total population and density. Retrieved from <https://communityhealthstats.healthunit.com/indicator/geography-and-demographics/total-population-and-density>
- (4) Middlesex-London Health Unit (November 2023). Report No. 69-23 Monitoring food affordability and implications for public policy and action (2023). Retrieved from www.healthunit.com/2023-11-16-bal-agenda
- (5) Canadian Mortgage and Housing Corporation (January 2023). Rental Market Survey: London, 2022, Table 1.1.2 Private Apartment Average Rents (\$), by Zone and Bedroom Type - London CMA. Accessed October 12, 2023 from <https://www.cmhc-schl.gc.ca/professionals/housing-markets-data-and-research/housing-data/data-tables/rental-market/rental-market-report-data-tables>.
- (6) All images from Piktochart